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ABSTRACT

This document consists of a learning activity packet (LAP) for the student and an instructor's guide for the teacher. The LAP is intended to acquaint occupational home economics students with the market forms of fish, how to clean and portion them, and how to cook them. Illustrated information sheets and learning activities are provided in these areas: buying fish (types of fish, market forms of fish); scaling, cleaning, and portioning fish; and fish cooking methods (cooking fish, frying, cooking in liquid, and dry heat cooking). The instructor's guide begins with an instructional matrix in which the information sheets and written activities contained in the LAP and the written test items included in the instructor's guide are cross-referenced to the knowledge objectives addressed by the materials. This is followed by a series of notes to instructors on the LAP series and suggested instructional procedures for use in conducting individual and group enrichment activities. A unit test and answer key are included. (MN)

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LEARNING ACTIVITY PACK

5.13b

SECTION 5

Buying, Preparing, and Cooking Fish

Basic Food Preparation

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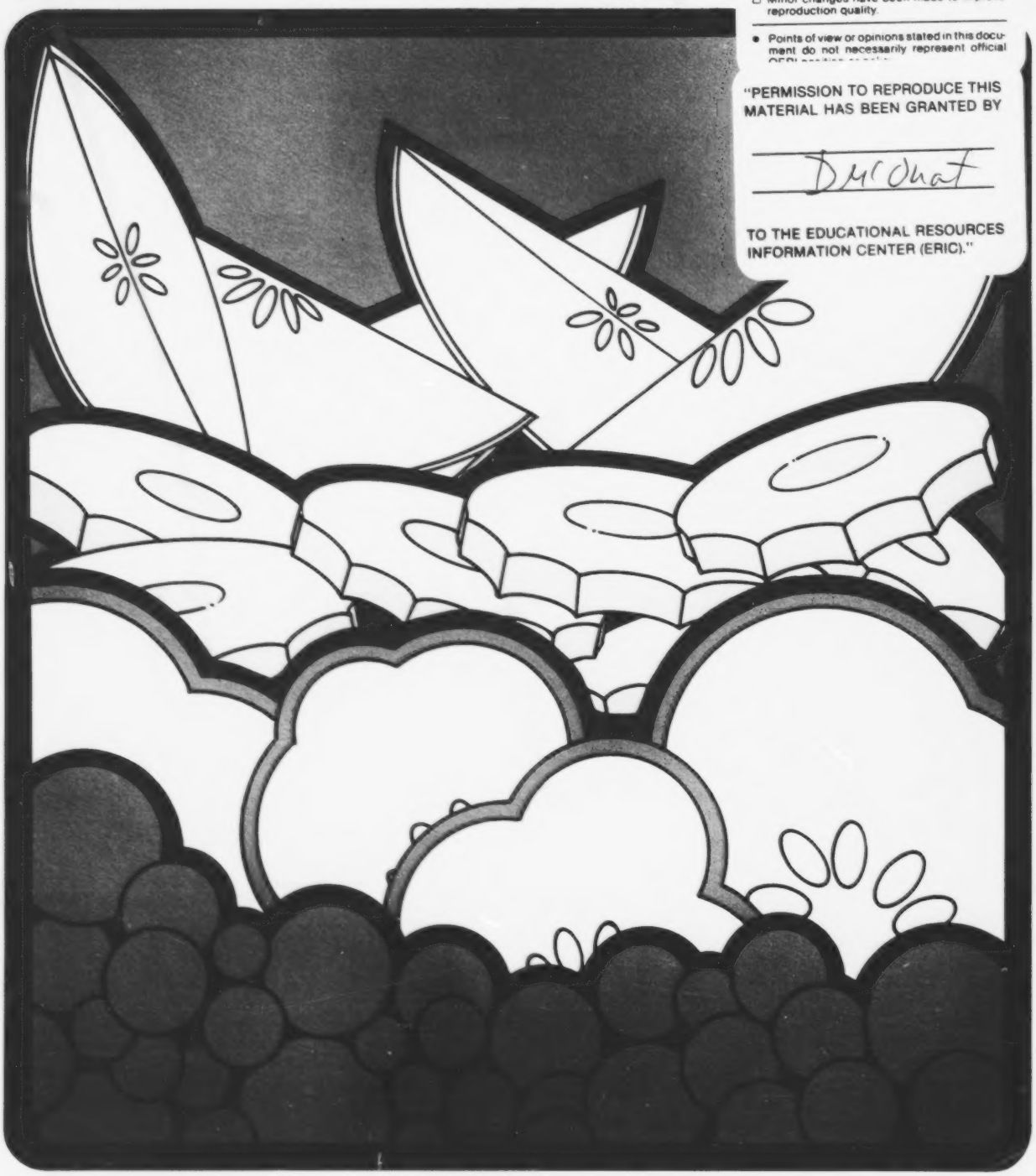

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LEARNING ACTIVITY PACKET

5.13b

SECTION 5

Buying, Preparing, and Cooking Fish

Basic Food Preparation

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

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These materials are endorsed for use in training commercial foods and culinary arts workers by the **Florida Restaurant Association's Education Foundation.**

Purpose and Contents

Purpose

The purpose of LAP 5.13b is to describe the market forms of fish, how to clean and portion them, and how to cook them. Fish can be purchased in various forms. The market form of the fish relates to the amount of cleaning and the portioning that must be done before the fish can be cooked. You must be careful when you cook this delicate food. Proper cooking requires care and attention to timing and temperature. The effort it takes to correctly prepare fish is well worth it.

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Introduction

Written Test

You will be able to pass the written test for LAP 5.13b when you can successfully complete the following:

1. Match a list of vocabulary words with their definitions. (All 5 must be correct.)

2. Complete statements about market forms of fish by filling in blanks with words selected from a word bank. (At least 8 out of 9 must be correct.)

3. Complete statements about cooking fish by filling in blanks with words selected from a word bank. (At least 18 out of 21 must be correct.)

If you feel you know enough to pass the written test for LAP 5.13b before studying it, talk with your instructor.

Skills Test

You will be able to pass the skills test for LAP 5.13b when you complete the following successfully:

1. Scale and clean a whole (round) fish. The fish must be free of scales, blood, viscera (guts), head, tail, and fins.

2. Portion a fish into steaks and/or fillets. The fish must be cut smoothly and should not be torn or jagged.

3. Cook a fish fillet. The cooked fish must look appetizing and not be broken. It must be fully cooked, but not burned. It should be flaky and moist inside. It also must be correctly seasoned.

REMEMBER . . . Your final performance will also be judged on how well you:

- organize your work area for efficient production before starting,
- follow the steps correctly in the right order, and
- clean your work area when you are finished.

If you feel you know enough to pass the skills test for LAP 5.13b before practicing the skills, talk with your instructor.

Learning Steps

To help you pass the written and skills tests for this LAP, you should follow these learning steps in order. There are two kinds of activities you will be asked to do:

Written activities will prepare you for the **written test**. They should all be done on a separate sheet of paper. The answers for these activities are in the back of this LAP. **Do not write in this LAP!**

Introduction (continued)

Practice Checklist activities will prepare you for the **skills test.** These will be done in the kitchen or dining area. Check with your instructor before beginning these activities.

1. Read and study **Information Sheet 1:** Vocabulary.
2. Complete **Activity 1:** Matching Vocabulary Words. Check your answers.
3. Read and study **Information Sheet 2:** Buying Fish.
4. Complete **Activity 2:** Market Forms. Check your answers.
5. Read and study **Information Sheet 3:** Scaling, Cleaning, and Portioning Fish.
6. Complete **Activity 3A:** Practice Checklist—Scale and Clean a Whole (Round) Fish.
7. Complete **Activity 3B:** Practice Checklist—Portion a Fish into Steaks and/or Fillets.
8. Read and study **Information Sheet 4:** Fish Cooking Methods.
9. Complete **Activity 4A:** Fish Cooking Methods. Check your answers.
10. Complete **Activity 4B:** Practice Checklist—Cook a Fish Fillet. **Note:** Ask your instructor which method(s) to practice.
11. Get **Written Test 5.13b** from your instructor and complete it. If you are successful, go on to Step 12; if not, talk with your instructor.
12. Have your instructor evaluate you on **Skills Test 5.13b.** If you are successful, you have completed this LAP; if not, talk with your instructor.

Information Sheet 1
Vocabulary

The following words will be used in this LAP. Study the list. When you think you know all the words, test yourself by doing Activity 1.

1. **translucent**—lets light through, but you cannot see through

2. **opaque**—does not let light through

3. **viscera**—entrails; internal organs, such as intestines and stomach; guts

4. **eviscerate**—to remove viscera (guts); to gut

5. ***au bleu***—blue style; a method of cooking very fresh fish in a hot liquid

Activity 1
Matching Vocabulary Words

Directions

On a separate sheet of paper, write each vocabulary word and then choose the correct definition from the list below.

DO NOT WRITE IN THIS LAP

Vocabulary Words

1. **translucent** _____
2. **opaque** _____
3. **viscera** _____
4. **eviscerate** _____
5. ***au bleu*** _____

Definitions

Blue style; or cooking blue fish in a hot liquid

Does not let light through

Entrails; internal organs such as intestines and stomach, etc.; guts

Blue style; a method of cooking very fresh fish in a hot liquid

External parts; the head, fins, tail, scales, etc.

To remove viscera (scales); to scale

To remove viscera (guts); to gut

Lets light through, but you cannot see through

Check your answers in the back of this LAP. If you miss any, review Information Sheet 1.

Information Sheet 2
Buying Fish

Types of Fish

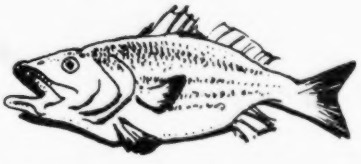
Fish are sometimes classified as fat or lean. The fat in fish may vary from as little as 1 percent in lean fish to as much as 20 percent or more in fat fish. Usually the flesh of fat fish is darker in color. Here are some types of fat and lean fish:

Fat Fish	Lean Fish
chub	black sea bass
herring	cod
mackerel	flounder
pompano	fluke
salmon	haddock
smelt	ocean perch
Spanish mackerel	pickerel
tuna	pike
whitefish	sea trout
	sole

Market Forms of Fish

Whole (round) fish are marketed just as they come from the water. They must be scaled and eviscerated (gutted) after purchase, before cooking. Sometimes the head, tail, and fins are removed. Fish purchased in this form will cost least per pound, but will require more labor to prepare for cooking.

Drawn fish are whole fish that have been scaled and eviscerated (guts removed). The smaller varieties are then ready for cooking; the larger fish are usually split or cut into steaks.



Whole (round) fish

Drawn fish

Information Sheet 2 (continued)
Buying Fish

Dressed (pan-dressed) are scaled and eviscerated (guts removed). The head, tail, and fins are also removed. This market form is extremely popular in the commercial kitchen.

Steaks are fish slices, usually about 3/4-inch thick, taken from larger sized dressed fish. They are ready to cook when purchased. Generally the only bone present is a small section of the backbone.

Dressed (pan-dressed) fish

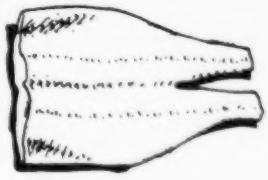
Fish steaks

Fillets are taken from the sides of the fish and are generally boneless. They are cut away from the backbone, and may be purchased with or without skin, although most fish fillets are marketed without skin.

Fish sticks and **butterfly fish fillets** are uniform strips of fish that have been cut from blocks of frozen fillets. Fish sticks may be purchased breaded or unbreaded. The breaded fish may be purchased cooked or raw.

Fillet

Fish stick



Butterfly fish fillet

Activity 2
Market Forms

Directions

Read the following statements and look at the pictures. **On a separate sheet of paper** write out the statements and fill in the blanks with the correct market forms selected from the word bank below.

DO NOT WRITE IN THIS LAP

(1) _____, also called (2) _____, are marketed just as they come from the water. They must be scaled and eviscerated (gutted) after purchase, before they are ready to eat.

(3) _____ are whole fish that have been scaled and eviserated (gutted).

(4) _____, also called (5) _____, are scaled and eviscerated (gutted). The head, tail, and fins are also removed.

(6) _____ are slices, usually about 3/4-inch thick.

(7) _____ are taken from the sides of the fish and are practically boneless.

(8) _____ and _____are uniform strips of fish that have been cut from blocks of frozen fillets.

Word Bank

fat fish	pan-dressed fish
fish sticks	fish fillets
drawn fish	stuffed fish
lean fish	boned fish
whole fish	fish steaks
dressed fish	round fish
cleaned fish	butterfly fish fillets

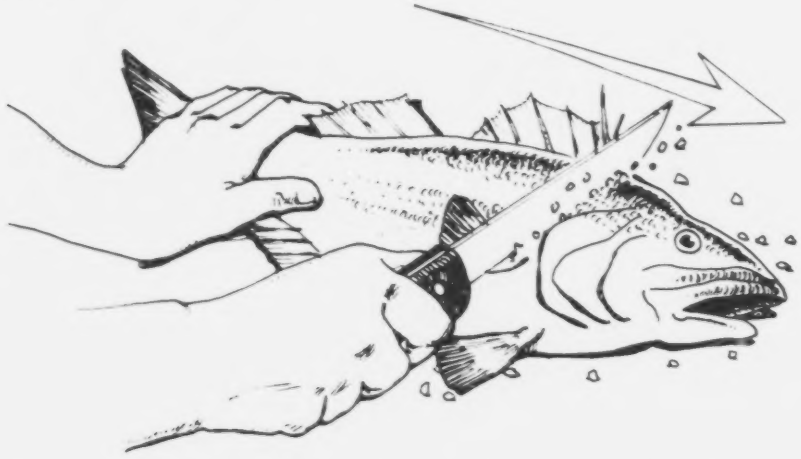
Check your answers in the back of the LAP. If you miss any, review Information Sheet 2.

Information Sheet 3
Scaling, Cleaning, and Portioning Fish

Usually the freshest fish you can buy are whole (round) fish. These fish are sold just the way they come from the water. When buying this market form, you must consider the time and labor involved in scaling, cleaning, and portioning these fish before cooking. It takes a lot of practice to be able to do this task well. These are the steps you should follow.

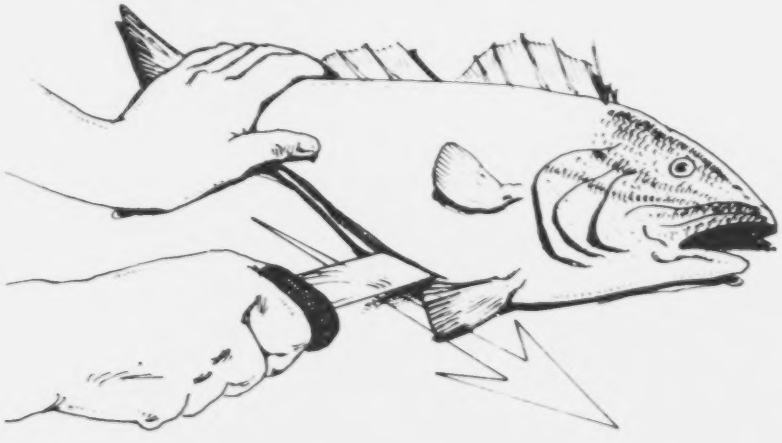
Scaling

Removing scales. Scales are the stiff, small pieces on the fish skin. Wash the fish in cold salt water. Place the fish on a cutting board. Hold the fish with one hand, and pick up a knife (or fish scaler) with the other hand. Remove the scales by scraping the fish from tail to head. This scraping action will lift the scales and tear them off. Scrape off all the scales.



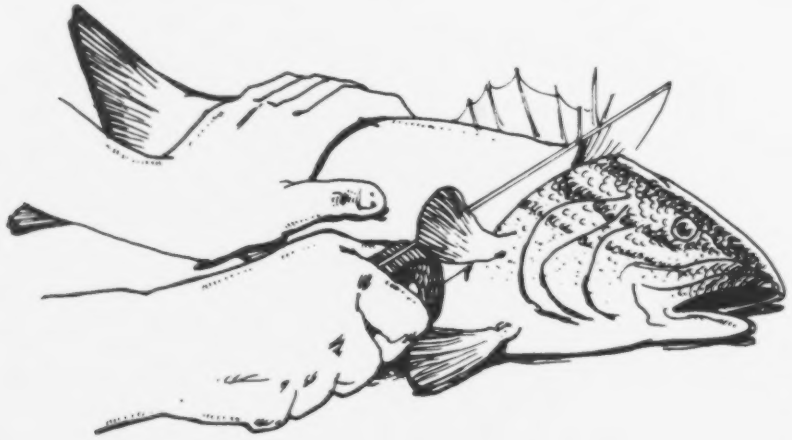
Cleaning

Removing the viscera. Using a sharp knife, make a cut in the belly of the fish from the tail end of the fish to the head. (Sometimes special knives are used for preparing whole or round fish.) Pull out the viscera or entrails (guts) and membranes and throw them away.

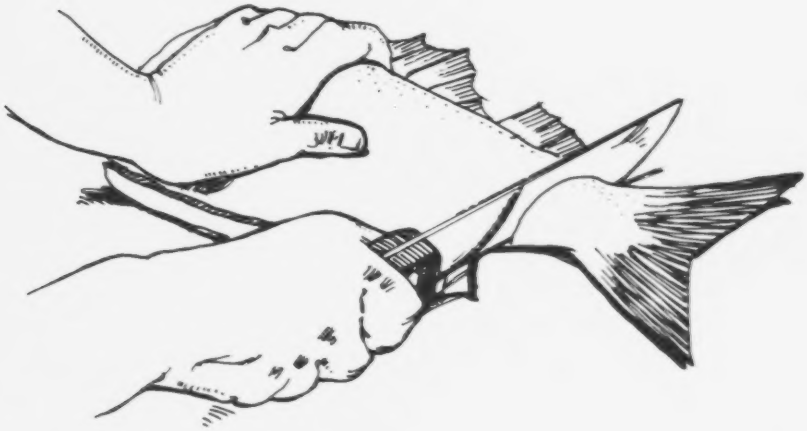


Information Sheet 3 (continued)
Scaling, Cleaning, and Portioning Fish

Cutting off the head. Use a knife to cut the head off right behind the pectoral fins. Cut straight down through the fish. Always cut *away* from your hands and body.

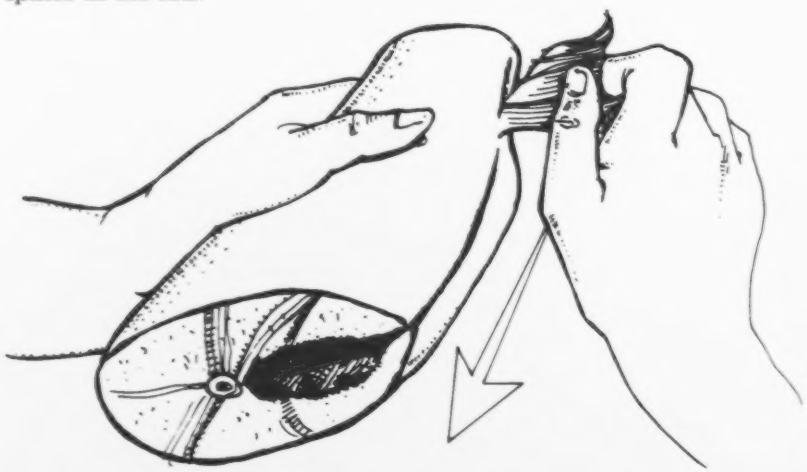


Cutting off the tail. Hold the body firmly with one hand. With the other hand, remove the tail by cutting straight down through the fish.



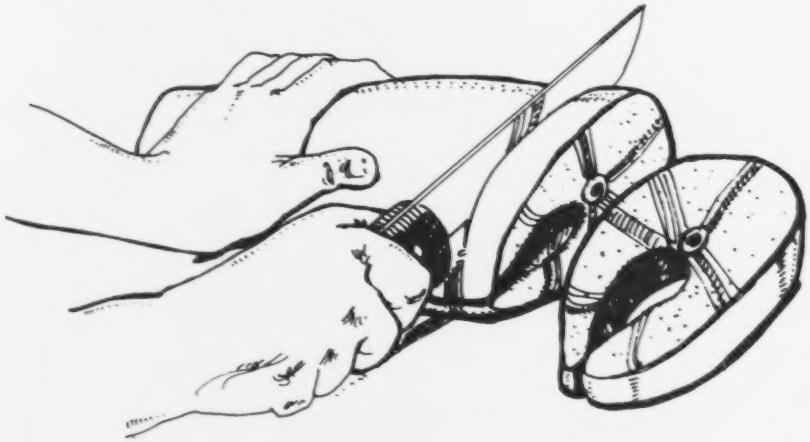
Information Sheet 3 (continued)
Scaling, Cleaning, and Portioning Fish

Cutting off the fins. The fin on the back of the fish is the dorsal fin. To cut off the dorsal fin, make a cut on each side of the fin through the skin. Use your fingers to pull the fin towards the head. Take the other fins off the same way. Be careful not to hurt yourself with the spines in the fins.



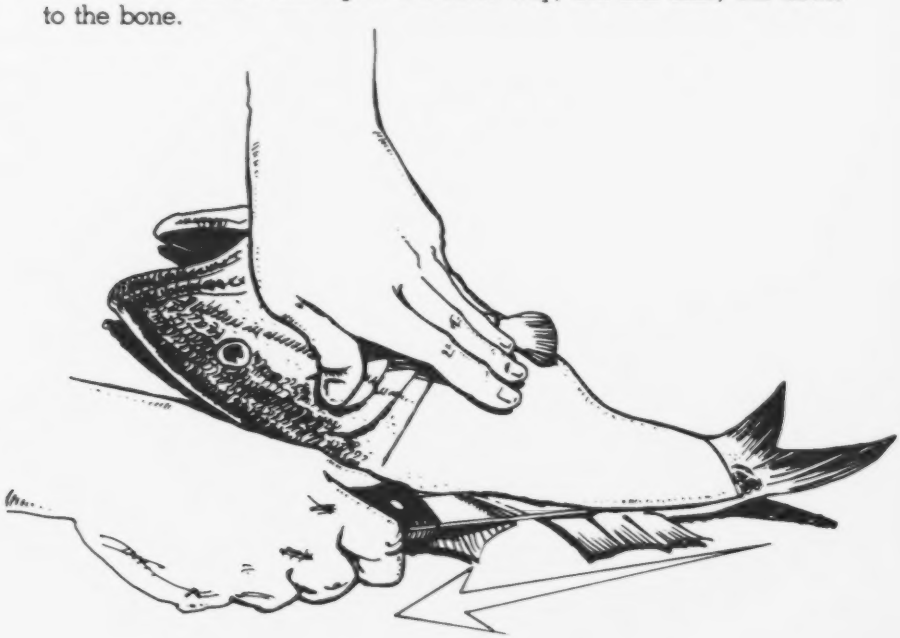
Portioning

Cutting steaks. Now the fish is ready to cut into steaks. Use a sharp knife and cut straight down all the way through the fish. Cut into 3/4-inch slices. These slices are called steaks. Only large fish are cut into steaks.

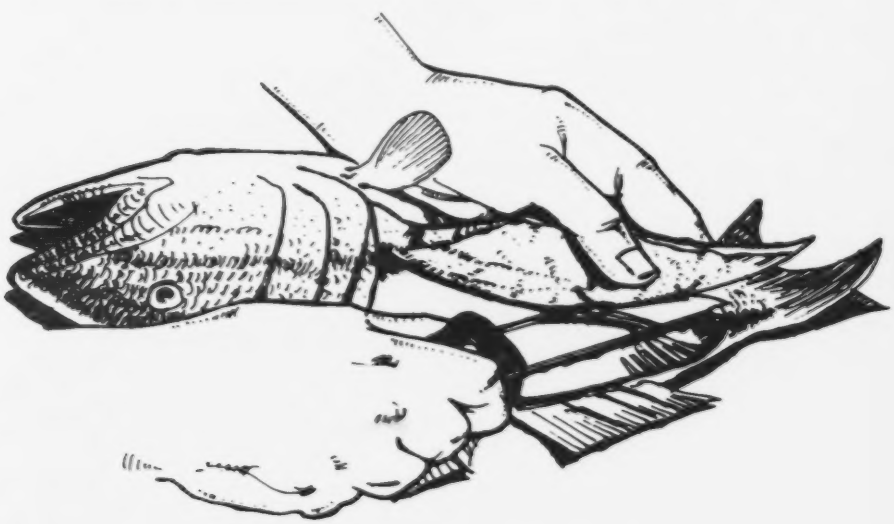


Information Sheet 3 (continued)
Scaling, Cleaning, and Portioning Fish

Filleting. Sometimes whole fish are filleted instead of being cut into steaks. When you fillet a fish, you scale it and clean it. However, leave the head, fins, and tail on! They give you something to hold on to while you are filleting the fish. Use a sharp knife to fillet the fish. Cut the skin down the back all the way from the tail to the head. Then cut the fish again the same way, but this time, cut down to the bone.



Hold the knife flat and cut the flesh away from the bones. Be careful! Stay close to the bones. Don't leave any meat on the bones.



Information Sheet 3 (continued)
Scaling, Cleaning, and Portioning Fish

Lift up the piece of meat. This is called the fillet.

Now turn the fish over and fillet the other side. Filleting is hard. It takes a lot of practice.

Activity 3A

Practice Checklist:
Scale and Clean a Whole (Round) Fish

Directions

Write down the steps and the standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Wash your hands.
	2. Assemble supplies: a whole fish, cutting board, heavy paper, a sharp knife, a scaling tool, and a sink or pan containing salt water.
	3. Cover the cutting board with several layers of heavy paper.
	4. Wash the fish in cold salt water and place the fish on the heavy paper.
	5. Hold the fish firmly by the tail and scrape off all the scales, using a knife or fish scaler. Scrape from tail to head.
	6. Make a cut the entire length of the belly, from tail to head. Remove the viscera (guts). **Note:** Cut *away* from your hands and body.
	7. Remove the head and pectoral fins by cutting just behind the fins.
	8. Hold the fish firmly with one hand. With the other, cut off the tail by cutting straight down through the fish.
	9. Remove the dorsal fin by cutting along each side of the fin. Then give a quick pull forward toward the head and remove the fin with the root bones attached.
	10. Use the same method to cut off the bottom fin.
	11. Wrap and discard the viscera (guts), head, tail, and fins.
	12. Wash the fish in the salt water.
	13. Clean and sanitize the work area, utensils, and equipment.

DANGER

Standards for Evaluation

✔	
	1. Does the fish look firm, not overcut and falling apart?
	2. Is it completely cleaned, free of scales, viscera (guts), blood, or membranes?

Activity 3B

Practice Checklist:
Portion a Fish into Steaks and/or Fillets

Directions

Write down the steps and the standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Wash your hands.
	2. Assemble supplies: two cleaned fish (one with a head and a tail and one without), a cutting board, a sharp knife.
	3. Portion the fish in one of the following ways.
	a. **For fish steaks:** (1) Place the fish ***without*** a head and tail on the cutting board.
	(2) Beginning at the head end, cut crosswise into steaks about ¾-inch thick. Cut straight down all the way through the fish.
	b. **For fillets:** (1) Place the fish ***with*** a head and tail on its side on the cutting board.
	(2) Using a sharp knife, cut through the skin along the back of the fish from tail to head. Then cut again the same way, but this time cut all the way through the flesh to the bone.
	(3) Turn the knife blade flat and cut the flesh away from the bone. Stay close to the bone.
	(4) Lift off the whole side in one piece.
	(5) Turn the fish over and repeat the process.
	4. Wrap up the bones, heads, tails, and viscera (guts) and discard.
	5. Clean and sanitize the work area, utensils, and equipment.

DANGER

Standards for Evaluation

✔	
	1. Do the fish portions look firm, not overcut or falling apart?
	2. Are the portions cut smoothly, not torn or jagged?
	3. Are the portions evenly cut, not varying in thickness within one piece?
	4. Are the fillets free of all bones?

Information Sheet 4
Fish Cooking Methods

Cooking Fish

In its fresh, raw state fish is already tender. The flesh is cooked to develop flavor, aroma, and eye appeal, not to make it tender. Fish cookery is similar to egg cookery—overcooking or cooking at too high a temperature toughens the food. Overcooking also will dry fish out.

Once the fish reaches a temperature of approximately 66°C (150°F), it is done. The flesh becomes opaque and flakes easily. Once cooked, fish should be served immediately. In fact, if fish is placed on a very hot dish prior to serving, it will continue to cook. Therefore, sauces, vegetables, and other accompaniments must be ready to serve at the same time the fish is.

The cooking time of fish varies with the method employed and the shape of the fish. A lean fish will cook more quickly than a fat fish. Stuffed fish should be cooked an additional 5 to 10 minutes, depending on the amount of stuffing in the fish. The stuffing should be slightly moist, and room should be left in the body of the fish for the stuffing to expand. If no room is left in the cavity, heat penetration will be too slow and the fish will be overcooked.

Remember that any timetable for cooking fish should be used only as a guide. Many things determine how fast a fish will cook—the shape of the fish, the temperature, any ingredients cooked with it, and so on. The best way to determine the doneness of a piece of fish is to try carefully to flake it with a fork. It is done when it flakes easily and separates at the natural division in the flesh.

Usually frozen fish should be thoroughly thawed (unfrozen) before it is cooked. The outside of a frozen piece of fish will finish cooking long before the inside and will be hard and tough. The only exception is a thin, breaded piece of fish, which can be fried while frozen. Fish that has been frozen cooks up drier than fresh fish. This fact should be kept in mind when the cooking method is selected.

Most fish recipes work well for all kinds of fish. It makes no difference whether the fish is fat or lean. However, at no time, except for deep-fat frying, should fish be cooked in a large amount of fat or oil.

There are **three rules** in successful fish cookery:

1. Do not overcook fish. Sometimes a few extra seconds can cause fish to be overcooked. When the cooked flesh of fresh, nonfrozen fish breaks up too easily, shows toughness, or is dry and pulpy, it is overcooked. Sometimes improperly frozen fish shows these characteristics even though it has been cooked properly.

2. Buy fresh (nonfrozen), raw fish rather than frozen fish whenever possible.

3. Cook fish as soon as possible after purchasing.

In the following pages, seven methods of cooking fish will be described. They are deep-fat frying, panfrying, poaching, steaming, blue style (*au bleu*), broiling, and baking.

Information Sheet 4 (continued)
Fish Cooking Methods

Frying

Deep-fat Frying

In deep-fat frying, the fish is usually breaded (rolled in flour, dipped in beaten egg, drained, and coated with bread crumbs) or dipped in a batter (milk, water, eggs, and flour) *before* frying. The fat or oil is preheated to 350°-375° F. The fish does not have to be turned, as it is completely immersed in the hot fat. Use this method of cooking for thin pieces of fish and small shellfish. Overcooking a breaded piece of fish may cause the outside breading to burst from steam pressure, sending fish liquids into the fat and causing the fat to break down and become smelly.

Pan-frying

Pan-fry fish by flouring the fish, shaking off any excess flour, and cooking in about 1/8 inch of fat or oil at moderate heat. Too high a temperature will cause the fat to smoke and the flour to burn. Vegetable oil is best. If you use butter, be sure to clarify it (cook until clear) and mix it with oil. The oil will help keep the butter from breaking down. If you use unclarified butter, the milk solids will burn, causing an unpleasant taste. Hydrogenated fat is not recommended for panfrying fish; there is always a chance of the fat congealing (becoming solid) as the fish cools in front of the customer.

Cooking in Liquid

General Rules. There is no accurate timetable for cooking fish in liquid. The size of the fish determines the cooking time. There are two points to remember when you are cooking fish in liquid. The first is that **fish cooks quickly**. Therefore, fish should be the last ingredient added to a fish and vegetable stew. Everything else should be almost completely cooked before the fish is added. The second is that **fish should not be boiled**. Boiling will cause the fragile skin to burst and will toughen the fish.

Poaching

Poaching is the best way of cooking fish in liquid. Poaching can be done in milk, water, wine, or court bouillon (a mixture of water, vinegar, salt, peppercorns, carrots, onions, thyme, bay leaf, and parsley stalks). Salt the poaching liquid lightly. The amount of liquid may be reduced in the process of making a sauce for the fish. Fish can also be poached in a fish stock made from fish heads, bones, and trimmings that have been cooked for 25 to 30 minutes, then strained.

Steaming

Steam fish by placing the fish in a pot on a rack raised above hot water and allowing the hot water vapor to cook it.

Information Sheet 4 (continued)
Fish Cooking Methods

Blue Style (*au bleu*)

Another method of cooking fish in liquids is blue style, or as the French say, *au bleu*. This is a method of cooking freshwater fish that have been killed just prior to cooking. The fish must be very fresh to attain the blue color. Clean the fish quickly, preferably through the gills, without cutting the fish, and handle as little as possible. Leave the fins and scales on, and do not wash the fish. Sprinkle the fish with vinegar, plunge into boiling court bouillon, and allow to simmer for a few minutes. The size of the fish determines the cooking time, usually from 5 to 10 minutes.

Dry Heat Cooking

Broiling

All fish can be broiled, but oily or fat fish are best when broiled. First, grease the broiling pan lightly. Then brush the fish with oil and place under the broiler. Baste lean fish with fat during the cooking process to prevent the fish from drying out. Don't place larger pieces too close to the heat source or they will cook unevenly. After the fish is broiled, add salt to taste and pour off any excess fat.

Baking

Fish is baked, either plain or stuffed, in an oven. The fish does not have to be boned but is easier to eat if it is, especially if the fish is stuffed. Lightly grease the pan, place the fish on the pan, brush with melted butter or oil, and place in a moderate oven. Cover the fish loosely with a piece of oiled paper or aluminum foil during the first half of the cooking process to prevent it from drying out too much.

Make a stuffing for baked fish from bread, rice, vegetables, herbs, sausage, ham, capers, clams, oysters, or other shellfish. When you stuff the fish, leave a little room for the stuffing to expand, or the skin will burst.

Information Sheet 4 (continued)
Fish Cooking Methods

Timetable for Cooking Fish

Method of Cooking	**Market Form**	**Approximate Weight or Thickness**	**Cooking Temperature (Degrees C)**	**(Degrees F)**	**Approximate Total Cooking Time (Minutes)**
Deep-fat frying	Pan-dressed	1/2-1 lb.	191	375	2-4
	Steaks	1/2-1 in.	191	375	2-4
	Fillets		191	375	1-4
Cooking in water	Pan-dressed	1/2-1 lb.	Simmer		10
	Steaks	1/2-1 in.	Simmer		10
	Fillets		Simmer		10
Broiling	Pan-dressed	1/2-1 lb.	Broil		10-15
	Steaks	1/2-1 in.	Broil		10-15
	Fillets		Broil		10-15
Baking	Dressed	3-4 lb.	177	350	40-60
	Pan-dressed	1/2-1 lb.	177	350	25-30
	Steaks	1/2-1 in.	177	350	25-35
	Fillets		177	350	25-35

Activity 4A
Fish Cooking Methods

Directions

Read the following statements. **On a separate sheet of paper**, write out the statements and fill in the blanks with the correct words selected from the word bank below.

DO NOT WRITE IN THIS LAP

1. Unlike most meats, fish is already _____. It is cooked to develop flavor, aroma, and eye appeal.
2. _____ makes fish tough and will also dry it out.
3. Fish is done when it becomes _____and _____ easily.
4. Once cooked, fish should be served _____.
5. The best way to determine if fish is done is to carefully try to _____ it with a _____.
6. Stuffed fish should be cooked an extra _____to _____ minutes depending on the amount of stuffing in the fish.
7. Usually frozen fish should be thoroughly _____before it is cooked.
8. The three rules for successful fish cookery are:
   a. Do not _____fish.
   b. Buy _____fish rather than _____fish whenever possible.
   c. _____fish as soon as possible after purchase.
9. What are 7 ways to cook fish?

a. _____ e. _____

b. _____ f. _____

c. _____ g. _____

d. _____

Word Bank

deep-fat frying	tender	fork
immediately	stewing	clean
blue style (*au bleu*)	frozen	15
overcooking	steaming	thawed
pan-frying	opaque	cook
broiling	flakes	fresh
overcook	10	baking
poaching	flake	boil

Check your answers in the back of the LAP. If you miss any, review Information Sheet 4.

Activity 4B

Practice Checklist: Cook a Fish Fillet (Deep-fat Fry)

Directions

Write down the steps and the standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and/or ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for deep-fat frying fish from your instructor. Read the recipe and make any necessary adjustments, conversions, or substitutions.
	2. Wash your hands.
	3. Check oil in fryer for freshness. Change if necessary. Preheat. **Caution:** Hot fat can cause severe burns, so be careful when working with hot fat.
	4. Organize your work area by assembling *all* ingredients and utensils near the fryer.
	5. Mix and season batter or breading. Taste test.
	6. Dip fish into batter or breading. If breading is used, press into flesh until it sticks.
	7. Place fillet into fry basket. Lower into fat.
	8. Fry fillet until golden brown.
	9. Raise basket and allow fish to drain.
	10. Place fillet in draining pan or on brown paper. Taste test.
	11. Place fillet on plate and garnish.
	12. Clean and sanitize work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Does the fillet look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least 1/2 to 3/4 of the plate), not too covered with garnish or sauce (the garnish or sauce should not be more than 1/4 to 1/3 the size of the fish)?
	2. Is the inside white and flaky (fully cooked), not translucent or firm?
	3. Is the fish still moist, not dry, overcooked, or burned?
	4. Is the fillet seasoned well—not tasteless, too salty, or overseasoned?
	5. If breaded or battered, is the fillet uniformly coated, with a crisp exterior and fresh flavor?

Activity 4B (continued)
Practice Checklist: Cook a Fish Fillet (Panfry [Sauté])

Directions

Write down the steps and standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and/or ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for panfrying (sautéing) a fish from your instructor. Read the recipe and make any necessary adjustments, conversions, or substitutions.
	2. Wash your hands.
	3. Organize your work area by assembling *all* ingredients and utensils near the equipment.
	4. Measure dry ingredients into a sifter, and sift together into a pan.
	5. Pass fish through the flour mixture. Press firmly so flour will adhere to fillet.
	6. Place enough shortening in the skillet to cover the bottom of the pan, about 1/4-inch deep. Heat to 365°F.
	7. Add fillet and sauté until golden brown. Turn with tongs, and cook the other side. Remove and let drain. Taste test.
	8. Place the fillet on plate and garnish, or add a thin light sauce.
	9. Clean and sanitize work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Does the fillet look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least 1/2 to 3/4 of the plate), not too covered with garnish or sauce (the garnish or sauce should not be more than 1/4 to 1/3 the size of the fish)?
	2. Is the inside white and flaky (fully cooked), not translucent or firm?
	3. Is the fish still moist, not dry, overcooked, or burned?
	4. Is the fillet seasoned well—not tasteless, too salty, or overseasoned?
	5. If breaded or battered, is the fillet uniformly coated, with a crisp exterior and fresh flavor?

Activity 4B (continued)
Practice Checklist: Cook a Fish Fillet (Poach)

Directions

Write down the steps and standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and/or ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for poaching fish from your instructor. Read the recipe and make any necessary adjustments, conversions, or substitutions.
	2. Wash your hands.
	3. Organize your work area by assembling *all* ingredients and utensils near the stove.
	4. Prepare court bouillon. Taste test.
	5. Grease baking pan.
	6. Line pan with fish fillets.
	7. Pour hot court bouillon over fish.
	8. Place pan on stove. Let simmer until fish turns white. Taste test.
	9. Remove fish and drain.
	10. Prepare sauce from court bouillon. Taste test.
	11. Place fillet on plate and cover with sauce.
	12. Garnish and serve.
	13. Clean and sanitize work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Does the fillet look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least 1/2 to 3/4 of the plate), not too covered with garnish or sauce (the garnish or sauce should not be more than 1/4 to 1/3 the size of the fish)?
	2. Is the inside white and flaky (fully cooked), not translucent or firm?
	3. Is the fish still moist, not dry, overcooked, or burned?
	4. Is the fillet seasoned well—not tasteless, too salty, or overseasoned?

Activity 4B (continued)
Practice Checklist: Cook a Fish Fillet (Steam)

Directions

Write down the steps and standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and/or ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for steaming fish from your instructor. Read the recipe and make any necessary adjustments, conversions, or substitutions.
	2. Wash your hands.
	3. Organize your work area by assembling *all* ingredients and utensils near the stove.
	4. Prepare steaming liquid. Taste test.
	5. Grease the rack.
	6. Season fish. Press seasonings into fish.
	7. Place fish on greased steaming tray rack.
	8. Set rack over steaming liquid until fish turns white. Taste test.
	9. Prepare sauce from liquid. Taste test.
	10. Place fillet on plate and apply sauce, or serve sauce on the side.
	11. Garnish and serve.
	12. Clean and sanitize work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Does the fillet look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least 1/2 to 3/4 of the plate), not too covered with garnish or sauce (the garnish or sauce should not be more than 1/4 to 1/3 the size of the fish)?
	2. Is the inside white and flaky (fully cooked), not translucent or firm?
	3. Is the fish still moist, not dry, overcooked, or burned?
	4. Is the fillet seasoned well—not tasteless, too salty, or overseasoned?

Activity 4B (continued)
Practice Checklist: Cook a Fish Fillet (Blue Style *[au bleu]*)

Directions

Write down the steps and standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and/or ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get recipe for blue style fish from your instructor. Read the recipe and make any necessary adjustments, conversions, or substitutions. **Note:** This method is used for cooking a whole fish, not a fillet.
	2. Wash your hands.
	3. Organize your work area by assembling *all* ingredients and utensils near the stove. Fish must be alive.
	4. Prepare court bouillon. Taste test. Continue to boil.
	5. Kill fish with a sharp blow to the head.
	6. Remove viscera (guts) through the gills, or slice the belly to remove. **Do not wash or scale**. When handling, be careful *not* to remove slime from skin.
	7. Drop fish into boiling water.
	8. Return liquid to a boil.
	9. Remove from heat. Let stand until white eyeballs pop out. Fish skin should be blue.
	10. Place fish on plate and apply sauce, or serve sauce on the side.
	11. Place fish on plate and cover with sauce.
	12. Garnish and serve.
	13. Clean and sanitize work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Does the fish look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least 1/2 to 3/4 of the plate), not too covered with garnish or sauce (the garnish or sauce should not be more than 1/4 to 1/3 the size of the fish)?
	2. Is the inside white and flaky (fully cooked), not translucent or firm?
	3. Is the fish still moist, not dry, overcooked, or burned?
	4. Is the fish seasoned well—not tasteless, too salty, or overseasoned?

Activity 4B (continued)
Practice Checklist: Cook a Fish Fillet (Broil)

Directions

Write down the steps and standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and/or ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for broiling fish from your instructor. Read the recipe and make any necessary adjustments, conversions, or substitutions.
	2. Wash your hands.
	3. Preheat oven.
	4. Organize your work area by assembling *all* ingredients and utensils near oven.
	5. Oil and season fillet according to the recipe. Press seasonings into the flesh.
	6. Place fish in broiler pan.
	7. Broil as recipe instructs. Taste test.
	8. Place fillet on plate and garnish.
	9. Clean and sanitize work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Does the fillet look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least 1/2 to 3/4 of the plate), not too covered with garnish or sauce (the garnish or sauce should not be more than 1/4 to 1/3 the size of the fish)?
	2. Is the inside white and flaky (fully cooked), not translucent or firm?
	3. Is the fish still moist, not dry, overcooked, or burned?
	4. Is the fillet seasoned well—not tasteless, too salty or overseasoned?

Activity 4B (continued)
Practice Checklist: Cook a Fish Fillet (Bake)

Directions

Write down the steps and standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and/or ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for baking a fish from your instructor. Read the recipe and make any necessary adjustments, conversions, or substitutions.
	2. Wash your hands.
	3. Preheat oven.
	4. Organize your work area by assembling *all* ingredients and utensils near the oven.
	5. Oil and season fish according to the recipe. Press the seasonings into the flesh.
	6. If the recipe calls for breading or flour, use a large pan and pass the fillet through the breading. Press so the breading will stick to the fillet.
	7. Place fish in baking pan.
	8. Add liquid or sauce, if called for.
	9. Bake as recipe instructs. Taste test.
	10. Place fillet on plate and garnish.
	11. Clean and sanitize work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Does the fillet look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least 1/2 to 3/4 of the plate), not too covered with garnish or sauce (the garnish or sauce should not be more than 1/4 to 1/3 the size of the fish)?
	2. Is the inside white and flaky (fully cooked), not translucent or firm?
	3. Is the fish still moist, not dry, overcooked, or burned?
	4. Is the fillet seasoned well—not tasteless, too salty, or overseasoned?
	5. If breaded or battered, is the fillet uniformly coated, with a crisp exterior and fresh flavor?

Answer Keys for Written Activities

Activity 1:
Matching Vocabulary Words

1. **translucent**—lets light through, but you cannot see through
2. **opaque**—does not let light through
3. **viscera**—entrails; internal organs, such as intestines and stomach; guts
4. **eviscerate**—to remove viscera (guts); to gut
5. ***au bleu***—blue style, a method of cooking very fresh fish in a hot liquid

Activity 2:
Market Forms

1. **Whole fish**, also called **round fish**, are marketed just as they come from the water. They must be scaled and eviscerated (gutted) after purchase, before cooking.

2. **Drawn fish** are whole fish that have been scaled and eviscerated (gutted).

3. **Dressed fish**, also called **pan-dressed fish**, are scaled and eviscerated (gutted). The head, tail, and fins are also removed.

4. **Fish steaks** are slices, usually about 3/4-inch thick.

5. **Fish fillets** are taken from the sides of the fish and are practically boneless.

6. **Fish sticks** and **butterfly fish fillets** are uniform strips of fish that have been cut from blocks of frozen fillets.

Answer Keys for Written Activities
(continued)

Activity 4A:
Fish Cooking Methods

1. Unlike most meats, fish is already **tender**. It is cooked to develflavor, aroma, and eye appeal.
2. **Overcooking*** makes fish tough and will also dry it out.
3. Fish is done when it becomes **opaque** and **flakes** easily.
4. Once cooked, fish should be served **immediately**.
5. The best way to determine if fish is done is to carefully try to **flake** it with a **fork**.
6. Stuffed fish should be cooked an extra **10** to **15** minutes depending on the amount of stuffing in the fish.
7. Usually frozen fish should be thoroughly **thawed** before it is cooked.
8. The three rules for successful fish cookery are:
   a. Do not **overcook*** fish.
   b. Buy **fresh** fish rather than **frozen** fish whenever possible.
   c. **Cook** fish as soon as possible after purchase.
9. What are 7 ways to cook fish?

   a. **deep-fat frying**
   b. **panfrying**
   c. **poaching**
   d. **steaming**
   e. **blue style (*au bleu*)**
   f. **broiling**
   g. **baking**

*Wrong form of correct word is acceptable.

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

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INSTRUCTOR'S GUIDE
LAP
5.13b

Buying, Preparing, and Cooking Fish

Basic Food Preparation

Sponsored and published by:
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The Center for Studies in Vocational Education
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Instructional Matrix

Directions If you want to use only part of the materials in this LAP, use this matrix to help you select what you need.

Objectives	Instructional Materials	Practice and Feedback	Evaluation
Knowledge Objectives	**Information Sheets**	**Written Activities**	**Written Test Items**
1. Match a list of vocabulary words with their definitions. (All 5 must be correct.)	1: Vocabulary	1: Matching Vocabulary Words	Part I: 1-5
2. Complete statements about market forms of fish by filling in blanks with words selected from a word bank. (At least 8 out of 9 must be correct.)	2: Buying Fish	2: Market Forms	Part II: 1-9
3. Complete statements about cooking fish by filling in blanks with words selected from a word bank. (At least 18 out of 21 must be correct.)	4: Fish Cooking Methods	4A: Fish Cooking Methods	Part III: 1-21
Skill Objectives	**Information Sheets**	**Practice Checklists**	**Skills Test Items**
1. Scale and clean a whole (round) fish. The fish must be free of scales, blood, viscera, head, tail, and fins.	3: Scaling, Cleaning, and Portioning a Fish	3A: Scale and Clean a Whole (Round) Fish	Part I: 1-4
2. Portion a fish into steaks and/or fillets. The fish must be cut smoothly and should not be torn or jagged.	3: Scaling, Cleaning, and Portioning a Fish	3B: Portion a Fish into Steaks and/or Fillets	Part II: 1-4
3. Cook a fish fillet. The cooked fish must look appetizing, and not be broken. It must be fully cooked but not burned. It should be flaky and moist inside. It also must be seasoned correctly.	4: Fish Cooking Methods	4B: Cook a Fish Fillet	Part III: 1-5

Notes to the Instructor

General Notes

- This LAP is the second of three LAPs about fish and shellfish.
- Complete LAP 5.13a before beginning this LAP.
- Before students begin Activity 4B, tell them which cooking method(s) to practice.

OPPS

The materials in LAP 5.13b cover the following Florida **OPPS** (Occupational Proficiency Performance Standards):

Broil fish.
Fry fish.
Bake fish.
Clean fish.
Fillet fish.

V-TECS

The materials in LAP 5.13b cover the following areas of the Florida/**V-TECS** (Vocational-Technical Education Consortium of States) *Commercial Cook* catalog:

Duty: Preparing and Cooking Entrees

Task: Bake fish. (This skill will require additional practice.)
Objective: Given a recipe, fish, oil or butter, seasoning, bread crumbs, sauce, liquid, appropriate size pan, spatula, warm plate, garnish, and range, bake fish. The fish must be lightly browned, tender, and not dry.

Task: Fry fish. (This skill will require additional practice.)
Objective: Given fish, breading, seasoning, breading station, deep-fat fryer, drain rack, brown paper, warm plate, and garnish, fry fish. The fish must be evenly golden brown, not greasy, hot, uniformly breaded or battered, and have a crisp exterior and a fresh flavor.

Task: Broil fish. (This skill will require additional practice.)
Objective: Given fish, oil, seasoning, flour or bread crumbs, broiler, fish rack or sizzle platter, warm plate, garnish, broil a fish (portion). The fish must be moist, flaky, evenly browned, fresh, hot, and flavorful.

Career MAP

The materials in LAP 5.13b cover or are related to the following Commercial Foods and Culinary Arts Career MAP (Career *M*erit *A*chievement *P*lan) competencies:

Identify and select fish and seafood.
Clean and wash fish.
Scale fish.
Peel and devein soft shellfish.
Bread or batter fish and seafood for cooking.
Store and handle fresh, frozen, and cooked fish and seafood.
Select and prepare processed fish and seafood.
Prepare whole fish for baking.
Prepare fish for stuffing.
Stew fish and seafood.
Cut, skin, and fillet fish.
Deep fry fish or seafood.

Notes to the Instructor (continued)

Saute fish and seafood.
Poach fish and seafood.
Boil or steam seafood.
Braise fish and seafood.
Grill or broil fish and seafood.
Stuff fish or seafood.
Present fish and seafood for serving.

Special Needs

The following materials can be used for students who are educable mentally retarded/handicapped (EMR/EMH) or academically disadvantaged as an alternative to, or in addition to, this LAP:

Series: Career Related Instruction (CRI)
Occupational Cluster: Food Preparation and Service
Titles: *What Kind of Meat and Fish Do You Eat?* (FPS FP 05 001)
How to Prepare Fish and Shellfish for Cooking (FPS FP 05 002)

Suggested Instructional Procedures

Individual Instruction

If you choose to have student(s) use this LAP as a self-paced, self-instructional unit, have the student(s) follow the learning steps in the LAP, as listed below.

Learning Steps in LAP 5.13b

1. Read and study **Information Sheet 1:** Vocabulary.
2. Complete **Activity 1:** Matching Vocabulary Words. Check your answers.
3. Read and study **Information Sheet 2:** Buying Fish.
4. Complete **Activity 2:** Market Forms. Check your answers.
5. Read and study **Information Sheet 3:** Scaling, Cleaning, and Portioning Fish.
6. Complete **Activity 3A:** Practice Checklist—Scale and Clean a Whole (Round) Fish.
7. Complete **Activity 3B:** Practice Checklist—Portion a Fish into Steaks and/or Fillets.
8. Read and study **Information Sheet 4:** Fish Cooking Methods.
9. Complete **Activity 4A:** Fish Cooking Methods. Check your answers.
10. Complete **Activity 4B:** Practice Checklist—Cook a Fish Fillet. Evaluate your product, using the Standards for Evaluation. Ask your instructor which method(s) to practice.
11. Get **Written Test 5.13b** from your instructor and complete it. If you are successful, go on to Step 12; if not, talk with your instructor.
12. Have your instructor evaluate you on **Skills Test 5.13b**. If you are successful, you have completed this LAP; if not, talk with your instructor.

Group Instruction

If you choose to use this LAP as a unit of instruction for more than one student, the following teaching steps are suggested.

Teaching Steps for LAP 5.13b

1. Introduce the subject of buying, preparing, and cooking fish.
2. Discuss the objectives in LAP 5.13b.
3. Discuss the vocabulary words with the group.

Suggested Instructional Procedures (continued)

4. Have each student read the information sheets and do the written activities in the LAP.

5. As a group, discuss types of fish and market forms. Show students examples.

6. Demonstrate scaling, cleaning, and portioning. Have students practice, with your assistance.

7. Demonstrate cooking by using either the practice checklist(s) in Activity 4B or one(s) of your choosing. Have students practice, with your assistance.

8. Give the students **Written Test 5.13b** to complete. Evaluate the results, using the Answer Key in this Instructor's Guide. Make special arrangements for those who do not master this unit.

9. Use **Skills Test 5.13b** to evaluate each student. Assign students who do not master tasks satisfactorily to practice more in the kitchen, with some assistance.

10. Use the additional instructional activities/enrichment with the group or with individual students.

Additional Instructional Activities/ Enrichment

Suggested Readings

Haines, Robert G. *Food Preparation for Hotels, Restaurants, and Cafeterias.* 2nd ed. Alsip, Ill: American Technical Publishers, Inc., 1973, pp. 480–81.

Written Test 5.13b

I. Matching Vocabulary

Directions

Match each vocabulary word below with the correct definition. Write the *letter* of the correct definition in the blank beside the word.

Vocabulary Words

_____ (1) **opaque**

_____ (2) **viscera**

_____ (3) ***au bleu***

_____ (4) **eviscerate**

_____ (5) **translucent**

Definitions

a. blue style; or cooking blue fish in a hot liquid

b. does not let light through

c. entrails; internal organs, such as intestines and stomach; guts

d. blue style; a method of cooking very fresh fish in a hot liquid

e. external parts; the head, fins, tail, etc.; scales

f. to remove viscera (scales); to scale

g. to remove viscera (guts); to gut

h. lets light through, but you cannot see through

Written Test 5.13b (continued)
II. Market Forms

Directions

Read the following statements. *Fill in the blanks* with the correct market forms selected from the word bank below.

(1) _____, also called (2) _____, are marketed just as they come from the water. They must be scaled and eviscerated (gutted) after purchase, before they are ready to eat.

(3) _____ are whole fish that have been scaled and eviscerated (gutted).

(4) _____, also called (5) _____, are scaled and eviscerated (gutted). The head, tail, and fins are also removed.

(6) _____ are slices, usually about 3/4-inch thick.

(7) _____ are taken from the sides of the fish and are boneless.

(8) _____and (9) _____are uniform strips of fish that have been cut from blocks of frozen fillets.

Word Bank

pan-dressed fish	fat fish
fish fillets	fish sticks
stuffed fish	drawn fish
boned fish	lean fish
fish steaks	whole fish
round fish	dressed fish
butterfly fish fillets	cleaned fish

Written Test 5.13b (continued)
III. Fish Cooking Methods

Directions

Read the following statements. Fill in the blanks with the correct words listed below. There are more words than blanks, so use only the words you need.

Unlike most meats, fish is already (1) _____. It is cooked to develop flavor, aroma, and eye appeal.

(2) _____ makes fish tough and will also dry it out.

Fish is done when it becomes (3) _____and
(4) _____easily.

Once cooked, fish should be served (5) _____.

The best way to determine if fish is done is to try carefully to
(6) _____ it with a (7) _____.

Stuffed fish should be cooked an extra (8) _____to
(9) _____ minutes depending on the amount of stuffing in the fish.

Usually frozen fish should be thoroughly (10) _____ before it is cooked.

The three rules for successful fish cookery are:

a. Do not (11) _____.

b. Buy (12) _____ fish rather than
(13) _____ fish whenever possible.

c. (14) _____ fish as soon as possible after purchase.

What are 7 ways to cook fish?

(15) _____ (19) _____

(16) _____ (20) _____

(17) _____ (21) _____

(18) _____

Word Bank

overcook	opaque	15	deep-fat frying
poaching	flakes	thawed	immediately
tender	10	cook	blue style or *au bleu*
stewing	flake	fresh	overcooking
frozen	fork	baking	panfrying
steaming	clean	boil	broiling

Answer Key for Written Test

Each section in the Written Test covers one objective and, therefore, should be evaluated separately. Criteria for evaluating each section are suggested below.

I. To master this objective the student should answer *all* of these correctly.

1. b
2. c
3. d
4. g
5. h

II. To master this objective, the students should fill in *8* blanks correctly.

1. whole fish
2. round fish
3. drawn fish
4. dressed fish
5. pan-dressed fish
6. fish steaks
7. fish fillets
8. fish sticks
9. butterfly fish fillets

III. To master this objective, the student should fill in *18* blanks correctly. (The wrong form of the word is acceptable.)

1. tender
2. overcooking (overcook)
3. opaque
4. flakes
5. immediately
6. flake
7. fork
8. 10
9. 15
10. thawed
11. overcook (overcooking)
12. fresh
13. frozen
14. cook

15.-21. (any order)

deep-fat frying
broiling
panfrying
blue style/au bleu
poaching
steaming
baking

Skills Test 5.13b
Buying, Preparing, and Cooking Fish

Student's Name _____ Date _____

The Student Can:	Yes	No
I. Scale and clean a fish.		
1. Organized work area for efficient preparation before beginning.	___	___
2. Followed procedures correctly.	___	___
3. Produced an acceptable product. Criteria: Does the fish look firm, not overcut and falling apart? Is it completely cleaned and free of scales, viscera (guts), blood, and membranes?	___	___
4. Cleaned work area well.	___	___
II. Cut and portion a fish (make steaks and/or fillets).		
1. Organized work area for efficient preparation before beginning.	___	___
2. Followed procedures correctly.	___	___
3. Produced an acceptable product. Criteria: Do the fish portions look firm, not overcut and falling apart? Are they cut smoothly, not torn or jagged? Are the portions evenly cut, not varying in thickness in one piece? Are the fillets free of all bones?	___	___
4. Cleaned work area well.	___	___
III. Cook a fish. (Use for all methods.)		
1. Organized work area and ingredients for efficient preparation before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Does the fish look appetizing on the plate, not broken up, not too small for the plate (the food should cover at least 1/2 to 3/4 of the plate), not too covered with garnish or sauce (the garnish or sauce should not be more than 1/4 to 1/3 the size of the fish)? Is the inside white and flaky (fully cooked), not transluscent (clear) or firm? Is the fish still moist, not dry, overcooked, or burned? Is it seasoned well—not tasteless, too salty, or overseasoned?	___	___
5. Cleaned work area well.	___	___

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
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Division of Vocational, Adult, and Community Education

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